

ABSTRACT

An exercise assisting instrument, having a device which assists a force needed to the user's knee-bending exercise, and lightens a burden and maintains safety of the user in knee-bending exercise, and also having a simple structure and low production cost because no need of power source from outside, is provided.

In a exercise assisting instrument 1 comprising a base 10, supporting columns 20, lifting mechanisms 30 consisting of lifting arms, lever arms 40, and a chair 50, three-member linkage system is formed by the supporting columns 20 and the lifting mechanisms 30, so that the chair 50 may move upward and downward. Further, the exercise assisting instrument 1 is equipped with an upward movement assisting device 33, which provides a force in raising direction to the hinge point 30a of the lifting arms, stand-up-movement of the user is assisted and lightening the user's burden is possible. Moreover, a locking device 11 and a stopper 13 are equipped, so the user's safety may be improved.